

# Stress Management

J W V B Q S L Y V H N N R F S T R E S S W P J N  
X X W F S Y Q K R O L O C S G R F E O T B Y O P  
D J K F S T S U O I X N A D H G F W F U I A E A  
M K T Z P Y X W P L R H P T Q O W L C B X V M S  
Y O G A Q P E E L S H Z B R E A T H I N G O E B  
W X Y I D K G X J X U U U I O B G W T L H N N Z  
J V M R A H U J G M G Z P W F N I S N M N D T J  
C N H Y D R A T I O N H G Z R E M D E A J Y A Q  
C P C B C G N V R P W V C Q V K B Y M Q A Z L J  
W O R K L I F E B A L A N C E E P T E N Z C H J  
O S A L J T N O I T A T I D E M J S G G M I E H  
X K B A I D X I E Z W B I G H O O D A V Y S A U  
Z X S Q H L T K P L P L W T R A R V N U H U L B  
T L S X R S Y W W B Q O D A N D T H A I T M T F  
X N I A U W W A V Y S T H W R O L T M U L A H D  
C M E W L E C U D E R Z M O A A T Q S T A Y U F  
G C U N N W I W V G G H O Q R H E I S Z E Z C X  
I K Q P E G C A V Z P I O M L A K W E C H Z C W  
F X I G R D M A U W R A Q W W T D E R T S G H B  
W U I S V Q D P F D L J X R S W I L T M Y M G Z  
T S D Y O I V F X N X A L E R T C M S F D V N C  
F X N K U B R L C X E X E R C I S E V Z D J A F  
R E N P S U D A C C Y R A O A X D E I R R O W A  
T J X E A F I F Q P U W J T L U I A Q Q P Z D Q

work life balance  
meditation  
exercise  
worried  
stress  
music

stress management  
hydration  
healthy  
anxious  
relax  
sleep

mental health  
breathing  
nervous  
reduce  
color  
yoga